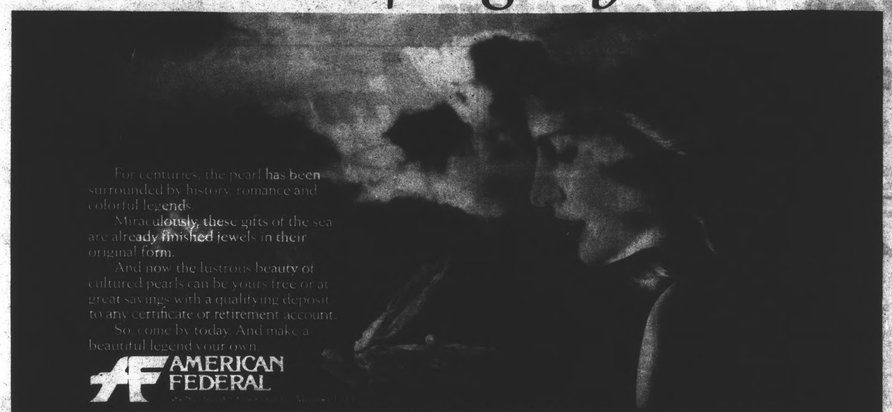
Make a beautiful legend your own.



For centuries, the pearl has been surrounded by history, romance and colorful legends.

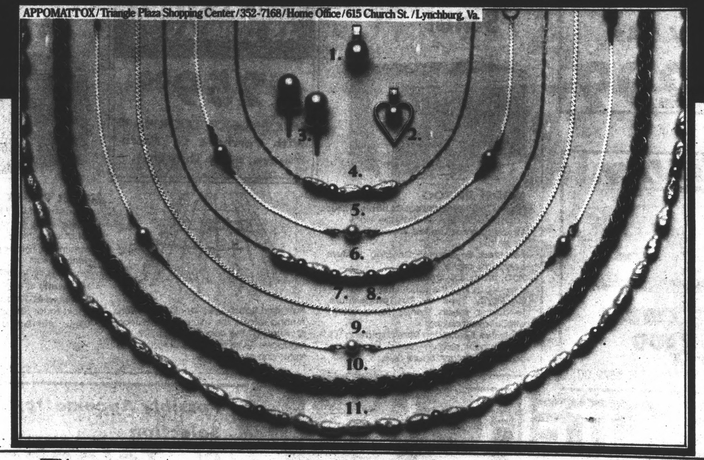
Miraculously, these gifts of the sea are already finished jewels in their original form.

And now, the lustrous beauty of cultured pearls can be yours free or at great savings with a qualifying deposit to any certificate or retirement account.

So, come by today. And make a beautiful legend your own.

AMERICAN FEDERAL

APPOMATTOX / Triangle Plaza Shopping Center / 352-7168 / Home Office / 615 Church St. / Lynchburg, Va.



ITEM	GIFT CATEGORIES $500-999	$1000-4999	$5000-9999	$10,000-19,999	$20,000+	BONUS PURCHASE (No deposit required)
A. Heart Charm (Not Shown)	$ 2.50	FREE	FREE	FREE	FREE	$ 4.00
B. Pearl Pendant (#1)	7.50	$ 5.00	2.50	FREE	FREE	10.00
C. Heart/Pearl Pendant (#2)	10.00	7.50	5.00	2.50	FREE	12.00
D. Pearl Earrings (#3)	17.50	15.00	12.50	10.00	5.00	20.00
E. Fresh Water Pearl Bracelet (#4)	20.00	17.50	15.00	12.50	7.50	22.50
F. Bracelet w/3 Pearls (#5)	30.00	27.50	25.00	22.50	12.50	32.50
G. 15" Fresh Water Pearl Necklace (#6)	32.50	30.00	27.50	25.00	15.00	35.00
H. 15" Serpentine Chain (#7)	30.00	27.50	25.00	22.50	12.50	32.50
I. 20" Serpentine Chain (#8)	37.50	35.00	32.50	30.00	20.00	40.00
J. 15" Necklace w/5 Pearls (#9)	52.50	50.00	47.50	45.00	35.00	55.00
K. 18" Rope Chain (#10)	120.00	115.00	110.00	105.00	95.00	125.00
L. 18" Fresh Water Pearl Necklace (#11)	72.50	70.00	65.00	60.00	50.00	75.00
M. 7mm Pearl Bracelet (Not Shown)	110.00	105.00	100.00	95.00	85.00	120.00
N. 16" 7mm Pearl Necklace (Not Shown)	225.00	220.00	215.00	205.00	195.00	250.00

18", 23", and 30" 7mm Pearl Necklaces also available at greatly reduced prices.

4% Sales Tax Required. One Gift Per Person. Offer Good Through March 1, 1985.

Main dishes to delight the palate

Spicy Chicken

One envelope Lipton Onion Soup Mix
8 ounces Russian Salad Dressing
One 12 oz. jar apricot preserves
12 pieces (serving size) chicken. (I prefer boned chicken breasts, halved.)

In small bowl combine Lipton Onion Soup Mix, Russian Dressing and preserves. Mix well. (Makes about 2 1/4 cups). Place chicken in baking dish (greased) pour glaze over chicken and bake at 375 degrees for one hour.

Submitted by:
Frances Abbitt

Broiled Cheese Baguettes

1 lb. hamburger
1 med. onion chopped
1 cup diced cheddar cheese
2 dashes worchesteshire sauce
5 tbsp. ketchup
salt and pepper to taste
2 tsp. mustard

Combine above ingredients together; spread on split hamburger buns. Place under broiler for approximately 10 minutes. Makes 24 snack sandwiches.

Submitted by:
Alice M. Yeatts

Baked Frying Chicken

1 - 2 1/2 to 3 lbs. fryer - cut up and salted
Melt 1 stick of butter
Stir in 1/2 cup of mayonnaise
1/4 t. ground mustard

Roll chicken in this mixture, then roll in pepperidge dressing mix. Place in cookie sheet that has been lined in foil. Bake 1 hour at 350 degrees preheated oven.

Submitted by:
Nellie Shelton

Chicken Delight

6 chicken breasts, halved and boned
12 slices swiss cheese
1 can cream of chicken soup
1 cup dry white wine
2 cups Pepperidge Farms Stuffing Mix

Lay chicken in greased baking dish by halves. Place one slice of cheese on each half of chicken breast. Mix soup with dressing mix. Pour over chicken. Drizzle butter over all. Bake at 350 degrees for one hour. Note: I think it's equally good without cheese.

Submitted by:
Frances Abbitt

Scampi-Style Shrimp

1 lb. shrimp
1 tbsp. olive oil
4 cloves garlic
1/2 tsp. salt
6 tbsp. butter
1 tbsp. chopped green onion
1 tbsp. lemon juice
2 tbsp. minced parsley

In frying pan melt butter over medium heat. Stir in onion, garlic, lemon juice and salt. Cook until boiling. Pat shrimp with paper towel and add to mixture in frying pan. Cook stirring occasionally until shrimp turns pink (about 5 min.) Blend in parsley.

Submitted by:
Robin B. Harvey

Seafood Casserole

1 med. size green pepper, chopped
1 med. size onion, chopped
1 cup, celery, chopped
1 (6 1/2 oz.) can crab meat
1 (6 1/2 oz.) can shrimp
1/2 teaspoon salt
1/8 teaspoon pepper
1 teaspoon worchestershire sauce
1 cup mayonnaise
1 cup buttered crumbs

Combine ingredients, except crumbs. Place in individual sea shells or casserole (greased). Sprinkle with buttered crumbs and bake in moderate oven 350 degrees about 30 minutes.

Submitted by:
Chris Greever

Sausage and Egg Breakfast Casserole

8 slices loaf bread
4 eggs
2 1/2 c. milk
1 lb. sausage
1 c. cheese

Cut bread into fourths. Arrange in a 2 quart casserole. Crumble sausage in frying pan; brown and drain. Sprinkle on top of bread slices. Beat eggs, add milk and pour over top. Put in refrigerator overnight.

Cook in oven at 350 degrees for 20 minutes. Sprinkle 1 cup cheese on top and cook for 15 minutes more.

Submitted by:
Carole Abernathy

Pizza Casserole

1/2 pkg. egg noodles (8 oz.)

Cook and drain and stir in:

1 can cream of mushrooms soup

Put in baking dish.

Brown 1 lb. hamburger with onion and spread over noodles. Pour 1 jar pizza sauce (16 oz.) over hamburger. Sprinkle 1 cup mozerella cheese over sauce. Bake at 350 degrees for 20 minutes.

Submitted by:
Alice M. Yeatts

Beef & Mushrooms

2 lbs. sirloin steak or round steak
2 T. oil or shortening
2 T. minced onion or 1/2 cup chopped onion
1/4 t. garlic powder
1/2 t. salt
dash pepper
1/4 cup soy sauce
2/3 cup (4 oz.) undrained mushroom pieces
2 beef bouillon cubes
2 1/2 cups water

Cut meat into small cubes, brown in oil. Add onion and garlic powder, cook until onions are tender. Add soy sauce, mushrooms, beef bouillon cubes and water. Cover, simmer until meat is tender, 30 to 45 minutes. Serve over egg noodles, or rice.

Submitted by:
Margaret M. Scruggs

Hamburger Casserole

Serves 6 - 8

1 1/2 lbs. ground beef
1 clove of garlic or garlic salt
1 teaspoon salt
1 tablespoon sugar
Pepper to taste
2 (8 oz.) cans tomato sauce
5 spring onions (use one medium onion if spring onions are unavailable)
1 cup sour cream
3 ounces cream cheese
1 (8 oz.) pkg. small noodles
1/2 cup sharp cheese, grated

Set oven temperature at 350 degrees. Brown beef, pour off grease, add garlic, salt, pepper and tomato sauce. Cook noodles and drain. Chop onions finely and mix with cream cheese and sour cream. Grease baking dish, put layer of

(Continued on page 6)